

# BOOK REVIEWS

## □ SCIENCE & TECHNOLOGY □

### Health & Medicine

Abravanel, Elliot D., M.D.

**Anti-Craving Weight Loss Diet.**

Bantam. 1990. c.288p. ISBN 0-553-05771-5. \$18.95.

Davis, Joe, M.D.

**The Ultra Diet: How to Lose 5 Pounds in 7 Days Without Feeling Hungry.**

NAL Bks. Mar. 1990. c.288p. ISBN 0-453-00709-0. \$17.95.

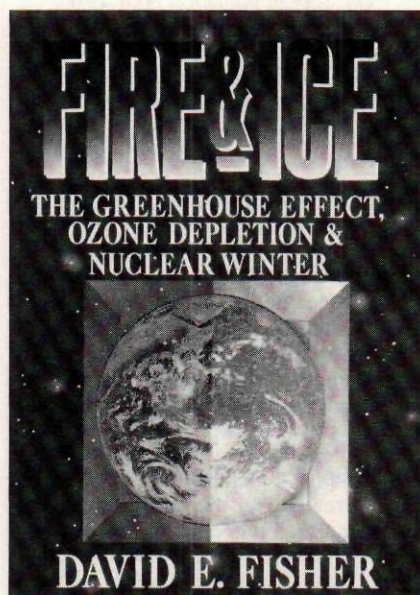
Sinaikin, Phillip M. with Judith Sachs.  
**After the Fast: A Common-Sense Plan for Maintaining Radical Weight Loss.**

Doubleday. 1990. c.192p. ISBN 0-385-26758-4. \$17.95.

HEALTH

With a thesis that the intense cravings which some people have for particular types of foods (i.e., sweets and starches, or greasy and salty foods) cause weight-loss diets to fail, Abravanel contends that curbing the cravings will end the problem. He states that cravings are linked to the feeling of inner peace and tranquility which the foods provide and that this inner peace can be obtained without the foods. He then provides specific diets to control the two craving types and recommends a course of dietary mineral, vitamin, and amino acid supplements. Following the same basic dietary theory as Abravanel, Davis urges and provides a low-calorie diet while suggesting the use of amino acids to suppress the appetite. Both of these books need to be carefully examined in light of the new evidence linking the amino acid supplement L-tryptophan to the blood disorder eosinophilia-myalgia syndrome. Neither book can be recommended because they both suggest the use of tryptophan supplements.

Sinaikin presents a program of diet modification for those who have experienced radical weight loss using liquid protein diets. He suggests a specific plan for weaning the dieter away from liquid meals by increasing specific foods and solid foods on a gradual basis. While this information may be valuable, especially given the recent publicity about liquid diets, the bulk of the book is standard advice about eating a low-fat, low-sugar, high-complex carbohydrate and fiber diet and getting enough exercise to maintain weight loss and feel good about oneself. There is not enough new information here to recommend Sinaikin's new book. [Abravanel's book was previewed in Prepub Alert, LJ 9/1/89, under different title: *Dr. Abravanel's Skinny School Program*.—Ed.]—Susan E. Holmer, Peninsula Lib. System, San Mateo, Cal.



*An insider's view on what scientists are saying about the Greenhouse Effect, p. 210*

Franklin, Robert R., M.D. & Dorothy Kay Brockman. **In Pursuit of Fertility: A Consultation with a Specialist.**

Holt. Feb. 1990. c.320p. illus. bibliog. index. ISBN 0-8050-1091-2. \$19.95.

MED

The precise determination of the cause of infertility is an essential factor in individual treatment. Endometriosis, reproductive organ problems, hormonal imbalances, sperm deficiencies, and rarer conditions are explored by the authors. Medical tests and treatments currently available are described using an effective case-study approach. Options for infertility treatment, such as artificial insemination, surrogacy, and adoption, are considered together with their moral, ethical and psychological impacts. Although less clinical and extensive than Gary S. Berger & others' *The Couple's Guide to Fertility* (LJ 11/15/89), this is nonetheless a well-balanced and thoughtful approach to the topic.—Mary Hemmings, Univ. of Calgary Lib., Alberta

Pantano, James A., M.D. **Living with Angina: A Practical Guide to Dealing with Coronary Artery Disease and Your Doctor.**

Harper. Mar. 1990. c.224p. illus. index. ISBN 0-06-016240-6. \$17.95.

MED

As the author, a practicing cardiologist, writes in his preface, this book fills the middle ground between the myriad volumes that tell you how to avoid coronary artery disease and those that tell you how to get rid of it once you have it. The book tells you how to live with the symptoms of the disease, especially the pain of angina

pectoris. Unlike some medical books for a lay readership, this one strongly urges the reader to use it merely as a supplement to the advice, information, and treatment prescribed by a physician. Pantano defines and explains angina and its origin and manifestation, then briefly covers the risk factors leading to coronary artery disease. Treatment of angina with drugs and moderate exercise is recommended; if that fails, surgery may be necessary. Written with a light touch, the book is nevertheless sound and practical. Recommended for general health science collections.—Eleanor Maass, Maass Assocs., New Milford, Pa.

Taylor, Robert L., M.D.

**Health Fact, Health Fiction:**

**Getting Through the Media Maze.**

Taylor Pub. Co. Feb. 1990. c.176p.

ISBN 0-87833-683-4. \$16.95.

MED

As medical consumers, we confront "health hype" in the media on a daily basis. In this well-researched, witty, and sometimes sarcastic book, the author puts medical "facts" in perspective and teaches us how to critically examine the media blitz of health information. Taylor is not afraid to admit that physicians are not always right. He presents numerous examples of medical "truths" which, upon closer examination, are revealed to be medical myths. As the author reminds us in an appropriate quotation from Mark Twain, "Be careful about reading health books; you may die of a misprint." As the subject matter of this book touches us all, it would be a definite asset for public library collections.—Linda S. Karch, SUNY at Buffalo Lib.

Walker, Morton. **The Chelation Way: The Complete Book of Chelation Therapy.**

Avery Pub. Group. Feb. 1990. c.303p.

LC 89-17511. ISBN 0-89529-415-X.

pap. \$12.95.

MED

Walker's book provides a complete explanation of chelation therapy. The only use for this therapy which is generally accepted is to remove lead from the bloodstream in cases of lead toxicity, although new evidence suggests it may help to control and in some cases reverse the effects of arthritis, cancer, stroke, and more. Using lay language, Walker explains the various chelating agents and how they work, and presents case studies of patients who have been helped by the therapy. An appendix lists chelating physicians worldwide. This is an interesting treatment of the subject, much more comprehensive than any other book. Recommended for public libraries only where books on alternative medical therapies are popular.—Barbara Kormelink, Bay Medical Ctr. Lib., Bay City, Mich.



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